



Chef Charles Says...



July

Pick a Better... Berry

Enjoy The Sweet Taste Of Berries Today!

Keep fresh berries dry and refrigerated at all times in their original, specially ventilated package as close to 34F as possible for optimum freshness. Moisture will cause decay of all fresh so keep them dry in storage. Rinse berries just before using.



Fresh berries of all kinds are:

- ◆ Strong sources of vitamin C, fiber, folic acid, and antioxidants. Antioxidants protect us from diseases such as cancer and heart disease.
- ◆ Sodium-free, cholesterol-free and low in calories and fat
- ◆ A delicious way to “Make half your plate fruits and vegetables.”

Strawberries

Look for symmetrically shaped berries that have a nice sheen and brilliant, even color. Berry tips should not be too seedy and the “shoulders” should not be white. For best flavor, allow strawberries to reach room temperature before serving. Strawberries keep for 2 – 5 days in the refrigerator.

Raspberries and Blackberries

Raspberries and blackberries are not only highly perishable, but are also the most fragile in the berry family. Handle them gently when rinsing. Look for plump, evenly-colored berries that have a soft, hazy “gloss.” Raspberries have tiny hairs on them called “styles,” which are a completely natural part of the fruit’s defense mechanism and do not affect the taste or indicate the ripeness of the fruit. Raspberries and blackberries keep for 1-2 days in the refrigerator.

Blueberries

Look for blueberries that are dry, plump and round and free of dents and bruises. Blueberries should have a soft, hazy white coating, which is called “bloom.” Bloom is a completely natural part of the berries’ defense mechanism protecting them from the harsh rays of the sun. Blueberries keep for 5-7 days in the refrigerator.

Chef Charles Asks the Questions

Can strawberries and blueberries actually keep your brain sharp in old age?

A new study found that a high intake of nutrient-rich berries, such as strawberries and blueberries, over time, can delay memory decline in older women. This study was unique because of the amount of data studied over a long period of time. Among women who consumed two or more servings of strawberries and blueberries each week, there was a modest reduction in memory decline. Eating more berries is an easy change for us to make. Maybe your health professional will be writing a prescription for you to eat more berries each week to help your memory. How easy is that?

*Annals of Neurology,
April 2012.*



Developed by:
Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork
Iowa Department on Aging, <http://www.aging.iowa.gov>

Information & resources for seniors with home & family questions

ISU AnswerLine 1-800-262-3804

Chef Charles Says...

Get Your Plate in Shape*

Make Half Your Plate Fruits and Vegetables

With half your plate full of fruits and vegetables, there is less room for high fat and calories foods. Fruits and vegetables can help to fill you up and prevent overeating at a meal. Choose a variety of colorful fruits and vegetables to ensure that you are consuming a wide range of vitamins, minerals, and antioxidants. Frozen and canned fruits and vegetables are good alternatives to fresh produce. Choose vegetables that are low in sodium and fruits that are frozen or canned in water or in 100 percent juice.

*The Academy of Nutrition and Dietetics 2012
National Nutrition Month®



Food Safety

Keeping A Clean Sponge

Just rinsing and squeezing out a sponge under running water is not going to make your sponge safe from germs. Microwaving a wet sponge for one minute gets rid of a significant portion of the bacteria. Running through the dishwasher kills almost all bugs. Don't try to microwave sponges that have metal in them and make sure they are wet as a dry sponge could catch fire. Another option is to keep a supply of clean dish cloths handy. Start out each morning with a fresh, dry one and at the end of the day toss the used cloth into the laundry.

Toxicology Science, 2010



Be Active...

Be Physically Active Without Spending a Dime

You don't need to spend much to be physically active. In fact, you can be active in many ways without spending any money. Here are a few ideas to get you moving for free or a small fee!

Close To Home

- ◆ Get some exercise and socialize with friends while you walk at the mall.
- ◆ Get your garden or yard in shape, and you'll shape up, too.
- ◆ Make your own weights from household items: plastic milk jugs filled with sand or water, bags of rice, soup cans or bottles of water.
- ◆ Walk when doing errands if you live close to stores.

In Your Community

- ◆ Try out free demonstration exercise classes at your local senior center or fitness center.
- ◆ Go for a hike in a park.
- ◆ Help your community by participating in a stream clean-up effort.
- ◆ Participate in a community gardening project.

Get the News

Vitamin B12 Levels May Affect the Brain

Older adults with low levels of vitamin B12 may be at risk of losing brain volume and function. During a study with older adults, levels of vitamin B12 were measured in participants, and their memories and other cognitive skills were assessed. Four years later, MRI scans measured total brain volume and looked for signs of brain damage.

Having low levels of vitamin B12 was associated with lower scores on the cognitive tests and smaller brain volume. Vitamin B12 occurs naturally in animal foods, including fish, meat, milk eggs and poultry. The Dietary Guidelines advise older adults to obtain some vitamin B12 from fortified foods (e.g. breakfast cereals) or supplements as they may have difficulty obtaining all the vitamin B12 they need from what occurs naturally in foods.

Neurology, September, 2011



Answers

Fill half of your plate with fruits and vegetables to help to fill you up and prevent overeating at a meal.



S R E C B T T P V U V E S S E
T A X J I A M E I R N E T U
N S N A T U R A L J I R Q O A
A P D B L R F V O R A P Y L
D B R P S J X Y R W L G E C P
E Y W H V W E B B Y S Y W
X R Y R R E B E U L B Q K L Y
O R Y K F K R F D M L E H E O
S Z C F M W H Q L O D D L
T E C A Y U U Q R I N S E E Q
N S L R E F R I G E R A T O R
A B E Q A N G A T X H S E R F
Z Q A B G B R H W S V M B X X
V J N Y A F D R W F X P Q M R
W G O S Z E B Y P U M E O H B

Resource



An exercise and physical activity campaign from the National Institute on Aging at National Institutes of Health is designed to help you fit exercise and physical activity into your daily life.

www.nia.nih.gov/Go4Life

Berry Snacks

Fresh fruit, especially berries can be used to make a colorful and delicious snack. The yogurt in each snack idea will add calcium to your diet.

Berry Blast

Mix berry-flavored yogurt with fresh blueberries or raspberries. Save a handful of berries to top off the blast.

Parfait Pleaser

Layer granola and fresh berries with low-fat raspberry yogurt. Use a container made of clear glass to display the layers.

Berry Smoothie

Blend fresh orange sections with strawberry yogurt and ice in your blender.



Berry Good News

Berries are delicious and have many health benefits. Find the listed words in the letter grid.

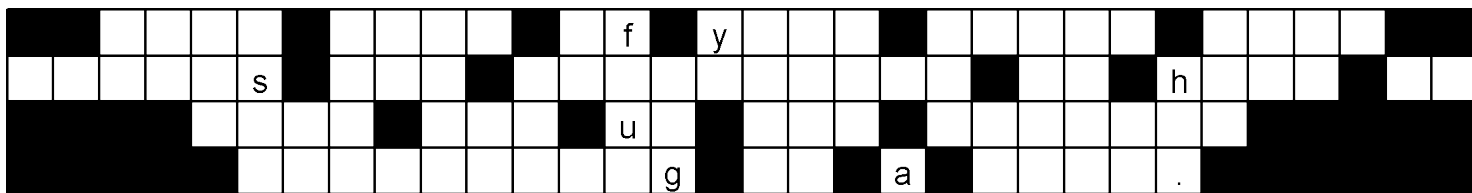
Antioxidants
Blackberries
Blueberry
Clean
Delicious
Dry
Enjoy
Fragile
Fresh
Fruits
Natural
Plate
Plump
Raspberries
Refrigerator
Rinse
Ripe
Strawberry



S	R	E	C	B	T	T	P	V	U	V	E	S	S	E
T	A	X	J	I	A	M	E	I	R	N	E	T	U	T
N	S	N	A	T	U	R	A	L	J	I	R	Q	O	A
A	P	D	B	L	R	F	V	O	R	A	P	Y	I	L
D	B	R	P	S	J	X	Y	R	W	L	G	E	C	P
I	E	Y	W	H	V	W	E	B	B	Y	S	Y	I	W
X	R	Y	R	R	E	B	E	U	L	B	Q	K	L	Y
O	R	Y	K	F	K	R	F	D	M	L	E	H	E	O
I	I	S	Z	C	R	M	W	H	Q	L	O	D	D	L
T	E	C	A	Y	U	U	Q	R	I	N	S	E	E	Q
N	S	L	R	E	F	R	I	G	E	R	A	T	O	R
A	B	E	Q	A	N	G	A	T	X	H	S	E	R	F
Z	Q	A	B	G	B	R	H	W	S	V	M	B	X	X
V	J	N	Y	A	F	D	R	W	F	X	P	Q	M	R
W	G	O	S	Z	E	B	Y	P	U	M	E	O	H	B

Step Up to the Plate

Find the hidden phrase by using the letters directly below each of the blank squares. Each letter is used once.



l y a n e o
l o e r d o v i a b l p m t v e t
u i f i v a a l f t o g e a t d p l a a e e i t
f r F i t l l h n e a u e n p t o u r e s r e t l n w l p h t o



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